



Seika's English Language Newsletter
No. 351 November 2024

The Health Insurance Card Will be Consolidated to the My Number Insurance Card

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After December 2, 2024, The Health Insurance card will be consolidated to the My Number Insurance Card (My Number Card that has been registered for use as an insurance card), and the new issuing and re-issuing of the previous Health Insurance Cards will end.

Transitional Measures

Health Insurance cards that are issued before December 1, 2024 can be used for maximum of 1 year after the date of discontinuation (December 2, 2024). Please do not dispose of the Health Insurance Card until after the expiration date on the card. In addition, the period of transitional measures will differ depending on the health insurance you are enrolled in.

- Those who are enrolled in Seika Town National Health Insurance: Until December 1, 2025
- Those who are enrolled in the Latter-Stage Elderly Healthcare System: Until July, 31, 2025
- Those who are enrolled in their place of employment's health insurance: Please confirm with employers

If your card expires prior to the time periods mentioned above, it can only be used until the expiration date. After December 2, 2024, there will be no re-issuing of Health Insurance Cards due to loss, etc. Also, please keep in mind that if you have moved in/out of Seika town before December 1, 2024, there will be no new issuing of cards as well.

Management after Health Insurance Card Discontinuation

For those who have a My Number Insurance Card

A "Notification of Qualifications" will be sent to more easily understand your insured status information. It is possible to receive medical attention when you present both your My Number Insurance Card and Notification of Qualifications at medical institutions that are unable to read My Number Insurance Cards.

For those who do not have a My Number Insurance Card

A "Certificate of Eligibility" document will be sent. It will be sent to recipients without applying for it. Those without a My Number Insurance Card can continue to visit medical institutions by using the Certificate of Eligibility document sent by your insurer.

	Those Who Have a My Number Insurance Card	Those Who Do Not Have a My Number Insurance Card
Until December 1, 2024	Health Insurance Card and/or My Number Insurance Card	Health Insurance Card
After December 2, 2024	Health Insurance Card (*1) and/or My Number Insurance Card (*2)	Health Insurance Card (*1) and/or "Certificate of Eligibility"
Those enrolled in the Latter-Stage Elderly Healthcare System After August 1st, 2025	My Number Insurance Card(*2)	Certificate of Eligibility Document
Those enrolled in the Seika Town National Health Insurance After December 2, 2025		

*1 Until the expiration date on the card

*2 "Notification of Qualifications" is required for medical institutions, etc. that do not support online eligibility confirmation

My Number Card is issued based on application, and receiving one is optional.

Seika Town Mascot

KYOMACHI SEIKA



"Everyone, please take a look at the information concerning the Health Insurance Cards!"



Nursery School Admission Acceptance for 2025 Starting December 2 (Mon.)

Admission acceptance for next year April to the municipal nursery schools is occurring from December 2 (Mon.) till December 6 (Fri.). Please thoroughly read the "2025 Nursery School Admission Guidebook" and apply.

Check your Nursery Care Necessity

You can apply to admit your child to nursery school in the situation that, for any of the reasons listed below, the child's parents/legal guardians cannot care for the child during the day.

- ☐ Work
- ☐ Pregnancy/Birth
- ☐ Parent/Guardian's Sickness or Disability
- ☐ Care for a relative that you are living with or is hospitalized for an extended amount of time
- ☐ Recovering from a natural disaster
- ☐ Job Searching
- ☐ Attending School
- ☐ Concern about mistreatment or domestic violence
- ☐ Other, or situations where the town deems similar to the aforementioned circumstances

*It is possible to continue to use the nursery school if you have a child that needs to continue using nursery school while you are taking child leave. (Not possible for new admittance).

For Children 6 Months & Onward

This time, we are taking applications for children ages 0-5 that are born after April 2, 2019 and are 6 months or older from next year April. The number of applicants for any age is limited. These are the nursery school within Seika Town:

- ☐ Hosono Nursery School
- ☐ Komada Nursery School
- ☐ Iketani Nursery School
- ☐ Hikaridai Nursery School (Public Management)
- ☐ Seikadai Nursery School (Public Management)

Town Hall and Every Nursery School's Acceptance (Mailing Possible)

Application dates and places are as follows. If you do not have all the necessary documents, the application will not be accepted.

Date	Time	Place
December 2 (Mon.)	2:00-3:00 p.m.	Komada Nursery School
December 3 (Tue.)	2:00-3:00 p.m.	Hikaridai Nursery School
December 4 (Wed.)	2:00-3:00 p.m.	Seikadai Nursery School
December 5 (Thurs.)	2:00-3:00 p.m.	Iketani Nursery School
December 6 (Fri.)	2:00-3:00 p.m.	Hosono Nursery School
December 2 (Mon.) - 6 (Fri.)	9:00-11:30 a.m. 1:00-4:30 p.m.	Childrearing Support Division (Town Hall 2nd floor)

*For mailing, please send it so it arrives before December 6 (Fri.) to the Seika Town Childrearing Support Division
〒619-0285 (No need to fill in the address).

Distribution of Application Forms Starts from November 5 (Tues.)

The application for proof of necessity for childcare, the nursery school admission application form, and the 2025 Nursery School Admission Guidebook, etc. will be distributed to the Childrearing Support Division (Town Hall 2nd Floor) and to every nursery school after November 5 (Tues.) on a weekday. Also, you can download it from the town website's homepage.

Applications for Small-Scale Childcare Facilities

The small-scale childcare facilities "Child Room Hina" (Seikadai Nursery School North side) and "Sumomo-en" (Seika Town Firefighting Headquarters South side) are taking applications for a small number of children.

Any of the facilities are for children ages 0-2. This is childcare for a small number of children, with "Child Room Hina" having a capacity of 9 children, and "Sumomo-en" being 19 children. To apply to use, there are necessary procedure to be accepted. The application form distribution and acceptance place is only at the Childrearing Support Division.

Kyoto Nagaokai Public Welfare Corporation is the main operators of both facilities. The payment of the user's fee amount (Childcare fee) will be to Kyoto Nagaokai.

Acceptance for Admission Halfway Through this Year is Until this Month

Currently, conditions make it difficult to arrange for mid-year admission at every nursery school. As a general rule, after December 1 (Sun.) they are unable to accept mid-year admission. For more details, please contact using the number below.

Also, for those who applied mid-year and were deferred, if you are wishing for admission next year, in order for your necessity for childcare to be accepted, the procedures and application for childcare use are required once again.

Inquiries: Childrearing Support Division Childcare Section
TEL: 95-1917



Let's learn how to make **Grilled Eggplant with Grated Okura** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (Two Servings)

Eggplant	2 (600g)	Itohana Katsuo	To Preference
Okra	6 (60g)	(Marinade) Dashi	150ml
Grated Ginger	20g	Dark Soy Sauce	1 1/2 tsp
		Light Soy Sauce	1 1/2 tsp

Instructions

- 1) Cut and remove the stem of the eggplant, place it on a metal net and grill on high heat.
- 2) Drop the eggplant in cold water, then quickly take it out and peel the skin.
- 3) Mix and separate 30ml of the marinated dashi and use the remaining to pickle the eggplant.
- 4) Boil the okra in salt water, drop in cold water and then remove the seeds and any unnecessary parts. Finely chop and then mix with the 30 ml of separated marinade from Step 3.
- 5) Cut the eggplant into easy to eat pieces, and place the okra from Step 4, grated ginger, and itohana katsuo on top.

Nutrition Information (per serving)

Calories	39 kcal	Calcium	54 mg
Protein	2.6 grams	Dietary Fiber	4.4 grams
Fat	0.2 grams	Sodium	1.4 grams



Nutrition Education Tip No. 52

"Eggplant's Nutritional Value"

A unique nutrient found in eggplant is potassium, which helps to remove excess salt and water from the body, making it effective for protecting against high blood pressure and reducing swelling. It also contains a lot of vegetable fiber that can help prevent constipation and improve stomach conditions. It also works to slow the raising of blood sugar, and reduce the amount of cholesterol in the blood stream, making it helpful in preventing heart attacks, diabetes and other lifestyle diseases.

Healthy Diet, Healthy You

What is a "Healthy Diet, Healthy You" Participating Store?

Restaurants participating in the Healthy Diet, Healthy You project serve dishes that use plenty of vegetables and are low in sodium, disclose calorie information, and food allergy information for their entrees, and actively participate in improving the health of people living in Kyoto Prefecture.

Participating restaurants have this purple sign posted somewhere in their establishment.

This restaurant lists which of the eight most common allergens are contained in each product.

*Strawberry Daifuku will be available for purchase at the beginning of November.



Participating Restaurant

Kasendo - Seika Town Store (Traditional Japanese Sweets Only)

Address: Seikadai 1cchome 25-2

Tel: 93-4377

Hours: 9:30 a.m. - 6:00 p.m.

Closed: Tuesdays (Open on Holidays)



Please note that business hours are subject to change and there may be temporary closures as well. For more information about hours and dates of operation, please contact the restaurant.



Seika Town's New Trash Sorting App

The "Seika Town Trash Sorting App" is available to work toward improvement of trash disposal manners and the promotion of trash reduction and recycling within the town. There are many different convenient features, some of them being a "Garbage Collection Calendar" for your area, a "Trash Sorting Dictionary" that you can use to confirm your trash sorting, and an "Alarm Feature" that can remind you to not forget to throw out the trash. Please utilize it!

Main Features

Home screen

You can confirm the trash pickup days for this week, today, tomorrow, the day after tomorrow and more.



Trash Sorting Dictionary

You can look up every item for trash sorting methods.



How to Throw Out Trash

You can confirm how to throw out each type of trash.



Alarm Feature

There will be an alert for collection days so you won't forget to take out the trash.



How to Download

Use either the QR Codes to the right, or search for "Seika Town Trash Sorting App" in the App Store or Google Play and download.

Inquiries Environment Promotional Division Resource Recycling Section TEL: 95-1925

IOS



Android



Year End Large-Size Trash Collection

This December, the year-end large-size trash collection will occur in every area. Please be careful to not forget to throw anything out, and follow the trash collection days. (On collection day, please throw out your trash before 8:00 a.m.). Every area's collection day schedule is as follows:

*This schedule is the same as the "2024 Trash Collection Day Schedule" distributed back in March

December 4 (Wed.)	Area 6: Minami (west side of Old Prefectural Road), Minami Inayazuma, Ueda, Hosono Icchome
December 5 (Thurs.)	Area 1: Hishida (east side of Old Prefectural Road), Takinohana, Fune (east side of Noumen Road), Nakakubota
December 6 (Fri.)	Area 3: Hishida (east side of Old Prefectural Road), Sato, Soubou (east side of Old Prefectural Road), Fune (west side of Noumen Road), Komada Icchome, Komada Sanchoime
December 10 (Tues.)	Area 2: Kitanodo, Babuchi, Naka (east side of Noumen Road), Higashi, Nishikita (east side of Noumen Road)
December 11 (Wed.)	Area 4: Hishida (west side of Old Prefectural Road), Soubou (west side of Old Prefectural Road), Tani, Kitaineyazuma (west side of Old Prefectural Road), Asahi
December 12 (Thurs.)	Area 9: Hikaridai
December 14 (Sat.)	Area 8: Yamada, Sakuragaoka
December 18 (Wed.)	Area 7: Inuidani, Zakuro, Higashibata
December 19 (Thurs.)	Area 10: Seikadai
December 20 (Fri.)	Area 5: Minami (east side of Old Prefectural Road), Sugai, Kitaineyazuma (east side of Old Prefectural Road), Nishikita (west side of Noumen Road), Naka (west side of Noumen Road)

Town Events



5th Bamboo Lamp Workshop

Date & Time: November 17 (Sun.) 1) 10:00 a.m.- 2) 11:00 a.m.- 3) 1:00 p.m.- 4) 2:00 p.m. - (about 1 hour each)

Place: Keihanna Plaza

Participants: Groups of two people like parents & children, couples, etc.

(Maximum of 3 groups per times 1-4)

Event Details: This is a bamboo lamp that is made by attaching pattern paper and drilling holes in bamboo, creating an almost fantastical effect when light is shone on it. This project was created as an opportunity for people to think about the problem of abandoned bamboo forests. Will you have fun as you think about the environment with us?



Inquiries: Seika Town Environmental Network Council (STEP) Office (in the Seika Town Environmental Promotion Division) TEL: 95-1925

Uji Tea · Yamashiro "Gochisou" Festa

Date & Time: November 10 (Sun.) 9:30 a.m. - 3:00 p.m.

Place: Joyo Gorigori-No-Oka (Kizugawa Sports Park, Kyoto Prefecture)

Event Details: At this large event, 100 booths will sell food and sweets that use delicious local ingredients like Uji Tea and Kyoto vegetables, fresh local vegetables, and more. There will also be hands-on experiences like an Uji tea experience, a mini railroad ride, handicrafts, and a fun stage as well.

*Food and beverage charges | No postponement due to rain | Will cancel if there is rough weather | There will be a shuttle bus in operation from Terada Station on the Kyoto Kintetsu line, so please arrive using public transportation.

Inquiries: "Uji Tea · Yamashiro Gochisou Festa Executive Committee Office (Yamashiro Regional Promotion Bureau, Kyoto Prefecture - Planning & Coordination Promotion Division TEL: 21-2049



Listen With Your Dog Charity Concert

Date & Time: November 24 (Sun.) 1:00 p.m. - 2:00 p.m.

※Will Cancel Due to Rain

Place: Keihanna Commemorative Park Grass Square

Event Details: Do you want to enjoy violin, horn, and piano music together with your dog? During the concert, it is fine if your dog barks or moves around!



Recruiting Viewers for Seika Global Net's "23rd Japanese Message Contest"

Date & Time: December 8th (Sun.) 2:00 p.m. - 4:30 p.m.

Place: Seika Town Hall Exchange Hall (Town Hall 2nd Floor)

Capacity: 50 people

Event Details: This is a message contest for foreigners living in Japan to talk about their diverse thoughts and experiences and how they feel about cultural and custom differences in Japanese. Each prize will be decided by a group of judges as well as audience member's vote. There are plans for panels which will showcase local middle schools' cultural exchange club activities, study abroad experiences, and the activities of JICA, Japan Overseas Cooperation Volunteers.

How to Apply: Apply using the QR Code on the right from November 5 (Tues.) until November 22 (Fri.).

Inquiries: Seika Global Net/✉kaglobalnet@gmail.com





Weekend Appointments for My Number-Related Matters

Appointments on the following days are available for My Number Card application, electronic certificate renewals, and receiving your card as well.

Dates: Sunday, November 24 & Saturday, December 14

Appointment Hours: 9:00 a.m. - 11:45 a.m.

※An appointment needs to be made in advance.

- Appointments for applications and renewals->

call to make an appointment.

- Appointments for My Number Card issuance->

fill out the notification card you receive in the from the town hall and make an appointment by phone or online.

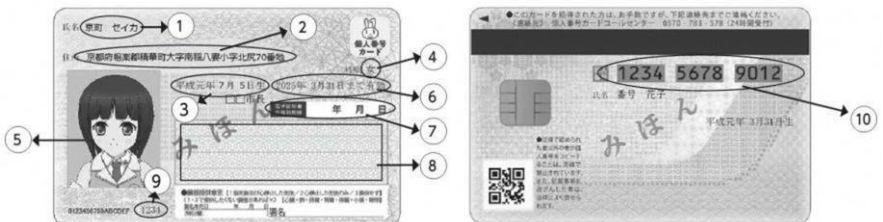
*Digital certifications can be renewed up to three months prior to expiration.



Appointments to receive your card can be made here

Review the Basics of the My Number Card! (Individual Number Card)

My Number Card is a plastic IC chip card with a photograph of the person's face used as an identification document, and can also be used in convenience stores, etc. to acquire credential documents like the Proof of Residence, etc. The information printed on the card, and the information (Electronic Certificates) used for official personal identification services that utilize online applications are recorded in the IC chip equipped on the My Number Card. However, personal information like income status and medical history are not recorded.



①Full Name ②Address ③Birth date ④Sex ⑤Face Photograph ⑥Physical Card's Expiration Date ⑦Electronic Certificate's Expiration Date ⑧Record Column ⑨Security Code - This code is different from the PIN Number (used for digital certificates) that was created by the owner of the card. There are some banks that will ask you to input the security code for identity verification, so please be careful not to mix up the security code and the created PIN Number. ⑩My Number (Individual Number)

Direct inquiries to: Family Register and Section of the Service Counter Division (Sougoumadoguchi-ka Koseki Jumin- Kakari) TEL: 95-1915

Seika Global Net's Multicultural Playgroup “Ichigo Ichie”

This is a playgroup for foreign and Japanese families who are raising children in southern Kyoto prefecture and northern Nara prefecture. Come meet families raising children who live in this area!

Various workshops including ones regarding parenting, information exchange, etc. in easy Japanese and English are offered. Come and join us! This will give you the opportunity to expand your circle of friends along with your children.

Ichigo Ichie events are held once every two months. For information regarding past and future events, please refer to the links below.

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: https://www.instagram.com/ichigo_ichie_sgn/

Homepage: <http://www.sgnhiroba.blogspot.com>



Seika Global Net Japanese Learning Support

Would you like to study Japanese in a fun way? You can also talk about your living situation in Japan and experience different aspects of Japanese culture while making friends. Children can participate in the morning class. If you would like to join one of the classes, please scan the QR code and fill out the "contact form".

For those interested, please use this QR code



Classes

◆ Japanese Learning Room

Tuesday: 10:15 a.m.- 11:45 a.m.

◆ Japanese Class

Tuesday: 7:00 p.m. - 8:45 p.m.

Location: Seika Town Hall Exchange Hall, etc.

Fee: 1000¥ for 6 months

For more information, please scan the QR code to the right.





Communicating Through Sign Language

Sign language is often referred to as the language you can see. Not all individuals who have hearing disabilities use sign language, but we are introducing it as one way of communicating with these individuals. We hope that sign language will help to raise awareness of hearing disabilities.



〈This month's sign language〉 November's sign language is the conversational interjection "Heh~". This is even used in sign-language conversation, like "Heh~, I didn't know that."

"Heh~"



Face your right hand palm towards your face, and quickly bring your hand down from your eyes.

What is Reasonable Accommodation?

"Reasonable Accommodation" is a term that became widely known after the adoption of the "Convention on the Rights of Persons with Disabilities" at the 2006 United Nations General Assembly. From April 2024, Elimination of Discrimination Against Persons with Disabilities became law, making it required for workplaces to offer Reasonable Accommodation for their employees. What is this "Reasonable Accommodation?" People with disabilities expressed their wish for societal barriers they face to be removed. To remove these barriers, A reasonable response to this was created, to the extent that the responsibility associated with its implementation is not excessive. What is "Reasonable Accommodation" for those who cannot hear, or are hard of hearing? From next issue onward, let's try to consider it.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
11/3 (Hol. /Sun.)	Internal Medicine	11/24 (Sun.)	Internal Medicine/Pediatrics
11/4 (Hol. /Mon.)	Internal Medicine/Pediatrics	12/1 (Sun.)	Internal Medicine
11/10 (Sun.)	Internal Medicine/Pediatrics	12/8 (Sun.)	Internal Medicine/Pediatrics
11/17 (Sun.)	Internal Medicine	12/15 (Sun.)	Pediatrics
11/23 (Hol. /Sat.)	Internal Medicine	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

Health Center

Date	Time	Details
11/11 (Mon.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born June 2022)
11/12 (Tues.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Infants born April 2023)
11/26 (Tues.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born March, April 2021)
12/5 (Thurs.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born August 2024 & February 2024)
11/6 (Fri.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born July 2022)

Mukunoki Center

Date	Time	Details
11/20 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
11/23 (Sat.)	9:00 a.m.-12:00 p.m.	Arena Open (Hohoemi Sports Hiroba)
11/27 (Wed.)	-	Closed
12/4 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
12/11 (Wed.)	-	Closed



Sam Noble Museum Hosts Annual "Spooktacular" Event

On October 12 from 10 a.m. to 4 p.m., the Sam Noble Museum hosted their annual "Curiousiday Spooktacular" event. This event engaged kids and families in Halloween-themed activities based around nature and its interesting processes. This year, the theme was "Dynamic Decay" and explored "nature's spooky secrets and the hidden processes that sustain life even in its final moments." Interactive demonstrations and engaging activities helped attendees of all ages understand how decomposition's role and how is important to the environment. Laura Vaughn, head of education at the Sam Noble Museum, remarked that "We are excited to share how even the spookiest aspects of nature are essential to life."

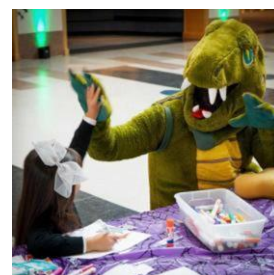


Photo by the Sam Noble Museum

About Our Sister City- Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture's sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

Seika Town Office

Planning and Coordination Division

Kyoto-fu, Sōraku-gun, Seika-cho
Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900

FAX: 0774-95-3971

EMAIL: cir@town.seika.lg.jp

What to do if...

You have a question about something in Ichigo...

Call the Coordinator for International Relations at Seika Town Office if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail, please contact us!

You have a problem with life in Japan...

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact the Coordinator for International Relations at Seika Town Office.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: cir@town.seika.lg.jp or kikaku@town.seika.lg.jp (Planning and Coordinating Division)

Kyoto Prefecture Multilingual Daily Life Consultation Service

If you have any questions about housing, work, government processes, health, or any other aspects of daily life, try contacting the Kyoto Prefectural International Center (Kyoto-shi Minami-ku Higashikujo Shimotono Dacho 70 Kyoto Prefectural Exchange Plaza (Kyoto Terrsa) Third Floor East Wing). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages. TEL: 075-681-4800 Homepage: <https://kpic.or.jp>

Find us Online!

Facebook



Town Website



Kyoto CIR Blog



Yokubari Workshop

Parents and children challenged 3 subjects while completing their mini picture books and bags based on "The Small Pocket of my Disaster Prevention Bag," a picture book related to disaster prevention created by the local picture book creator unit "twotwotwo." "It was a new workshop where parents and children could participate using their imagination freely," "We thought about the future that we don't want to come, but may come. Through this initiative and picture book, it became an opportunity to think about the near future living with our kids," were some thoughts shared by participants.

